



# REVIEWS

## PRODUCTS

### THE RAVE MAN from Vibrance

Price: AUD\$115.00 inc. p&h in Australia; AUD\$121.00 airmail to NZ; STG£65.00 airmail to UK; USD\$100.00 airmail to USA  
Available: **Australia**—NEXUS Magazine, PO Box 30, Mapleton, Qld 4560, ph (07) 5442 9280, fax (07) 5442 9381; **UK**—NEXUS Office, 55 Queens Rd, E. Grinstead, W. Sussex RH19 1BG, ph (01342) 32 2854, fax (01342) 32 4574.

Despite its name, The Rave Man is actually quite a great little unit. Normally these machines cost anything from \$300 upwards, but, as you can see, this one is priced to sell.

There are basically three choices of operation with The Rave Man.

1. Use it for your typical 'mind machine' relaxation/stress-reduction/speed-learning uses, by manually adjusting the intensity and rhythm. It offers a wide range of frequencies, from a delta-sleep slow of 2 Hz to a buzzing focussed energy of beta 16 Hz.

2. Hook it up to your favourite music and let the music's rhythm control the flashing of the lights on the glasses.

3. Clip it onto your belt, put on the glasses, plug in the microphone and take it dancing. The external sound source will trigger the flashing lights in time to the music.

Be warned, though: if you are subject to epilepsy or seizures of any kind, this is not for you.

It is also suggested that you do not use this device while on medication; and, while we are at it, you should definitely not use this machine while driving a vehicle!

## BOOKS

### THE PARADISE CONSPIRACY by Ian Wishart

Published by Howling At The Moon Productions Ltd (1995), Auckland, New Zealand

ISBN 0-473-03397-6 (370pp s/c)  
Price: AUD\$24.95 + AUD\$5.00 p&h; NZD\$29.95 +NZD\$5.00 p&h; STG£12.95 + p&h; USD\$19.95 + p&h

Available: **New Zealand**—Howling At The Moon Productions Ltd, Box 16-233, Sandringham, Auckland; voicemail +64 (2) 576 0014.

NEXUS readers may remember an incident several years ago involving a New Zealand chap named Paul White, who happened to find a whole pile of computer discs in some secondhand goods he purchased. Apparently the discs contained very sensitive banking

information. The next thing we read was that Mr White died in a car accident and was simultaneously robbed of NZ\$15,000 cash he was carrying—the amount a certain bank paid him for the return of the discs.

*The Paradise Conspiracy* is a result of one journalist's research into the unanswered questions stemming from Paul White's mysterious demise, a demise that opened a Pandora's box of international proportions!

It reveals a very large and disturbing picture of corruption involving government, big business, big banks, the media and law enforcement agencies, all conspiring to keep the contents of this book from being made public.

If you ever doubted that such forces could or would work together, read this book. Its contents will shock even sceptics among you.

### ANGELS DON'T PLAY THIS HAARP Advances in Tesla Technology

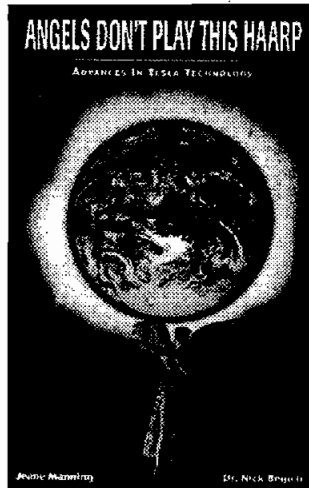
by Dr Nick Begich and Jeane Manning  
Published by Earthpulse Press (1995), Anchorage, Alaska, USA

ISBN 0-9648812-0-9 (233pp s/c)  
Price: USD\$14.95 (+ USD\$1.50 p&h in USA, or USD\$4.00 foreign)

Available: **USA**—Earthpulse Press, PO Box 201393, Anchorage, Alaska 99520, USA, ph/fax +1 (907) 249 9111.

Since Nick Begich's initial exposé of HAARP—the High-frequency Active Auroral Research Program—was published in NEXUS (vol. 2 #22), he and 'new energy' researcher Jeane Manning have collaborated to write this eye-opening book. (See HAARP feature this issue.)

Located in remote Alaska, the HAARP transmitter, expected to be fully operational



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by 1998, will be able to beam more than 4.7 gigawatts of power into the ionosphere. This could change weather patterns over large areas, disrupt the mental and physical health of whole populations, jam global communications systems, interfere with wildlife migration patterns and seriously disturb the Earth's ionosphere, destroying the planet's shield against cosmic radiation.

If you are at all concerned about the future of planet Earth—or about becoming a zombie in the hands of the military-industrial complex—we strongly urge you to become better informed about HAARP and the principles and technologies behind it.

### CARL SAGAN AND IMMANUEL VELIKOVSKY

by Charles Ginenthal

Published by New Falcon Publications (1995), Tempe, Arizona, USA  
ISBN 1-56184-075-0 (448pp s/c)  
Price: AUD\$29.95; STG£13.99; USD\$16.95

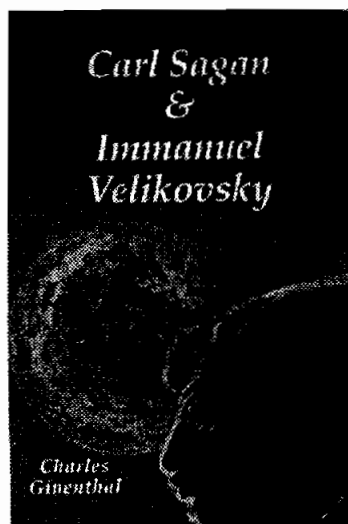
Available: **Australia**—Dist. by Boobook Publications P/L, PO Box 163, Tea Gardens, NSW 2324, ph (049) 97 0811, fax (049) 97 1089; or Sydney Esoteric Bookshop, ph (02) 212 2225, fax (02) 212 2448; **UK**—Airlift Book Co., 8 The Arena, Mollison Ave, Enfield, Middx. EN3 7NJ, ph (01811) 804 0400; **USA**—New Falcon Publications, 1739 East Broadway Road, #277, Tempe, AZ 85282, ph (602) 246 3546.

When Dr Immanuel Velikovsky's *Worlds in Collision* was published in 1950, it caused a sensation with enormous popular interest on one hand and bitter scientific criticism on

the other. That criticism has been fuelled in the past 20 years by well-known astronomer and personality Dr Carl Sagan of Cornell University, USA.

In a move designed to counter Dr Sagan's grip on balanced public discussion, author/researcher Charles Ginenthal presents a fascinating defence of Velikovsky and his unconventional theories about the origins of the solar system. With his detailed analysis of Sagan's writings and lectures, Ginenthal exposes the dirty tricks that Sagan has employed in trying to denigrate Velikovsky's findings.

The reader is left amazed at the antics of a supposedly world-respected scientist who resorts to such shallow and dishonest argument with the ultimate aim of stifling scientific enquiry. Ginenthal's exposé reinforces the credibility of Velikovsky's theories and is worthy of wide attention.



### THE CURE FOR ALL DISEASES

With Many Case Histories

by Hulda Regehr Clark, Ph.D., N.D.

Published by ProMotion Publishing (1995), San Diego, CA, USA  
ISBN 1-887314-02-4 (596pp s/c)  
Price: AUD\$39.00 + \$5.00 p&h; STG£18.95 + STG£1.50 p&h; USD\$21.95 + p&h

Available: **Australia**—Books of Revelation, 77 Pound Rd, Warrandyte, Vic 3113, ph (03) 9844 4492, fax (03) 9844 4884; **UK**—Melanie Davies, The Cottage, Bovisand Lane, Down Thomas, Devon PL9 0AE, ph (01752) 86 2411; **USA**—ProMotion Publishing, 3368F Governor Drive, #144, San Diego, CA 92212, ph (800) 231 1776.

This is the latest book from Dr Hulda Clark whose groundbreaking work on the cause and cure of disease—especially cancer and AIDS—was featured in NEXUS vol. 2, # 22 & 23. Here, Dr Clark reiterates the link between parasites, solvents and disease, but also details her promising discovery that electricity, i.e., positive voltage, can kill pathogens and parasites in minutes.

Dr Clark's 9-volt-battery-powered "zapper" is a compact pulse generator with an output around 30 KHz. She claims that when applied, it is capable of killing all parasites, bacteria, viruses, moulds and fungi—all of which having characteristically low bandwidths in the range of 77 to 900 KHz. Three 7-minute zapping sessions only are needed to transform a multitude of disease states. (Note: Dr Clark warns that some 'good' bugs could be killed off, but can be easily replenished by eating yoghurt.)

Dr Clark provides instructions on how to make your own "zapper" at minimal cost; plus, she shows how to build and use two



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other bioelectronic devices: the Syncrometer for diagnosis and monitoring, and a frequency generator for electrocuting particularly hardy organisms.

This is highly accessible technology with great self-help promise, supported by Dr Clark's back-up advice on pathogen physiology, biofrequencies, treatment of specific ailments, correct diet; even how to make safe pesticides. A book to rock the medical establishment and put you back in charge!

### WHEN THE SKY FELL

#### In Search of Atlantis

by Rand & Rose Flem-Ath

Published by Weidenfeld & Nicolson/Orion Publishing (1995), UK; first published by Stoddart Publishing Co. Ltd (1995), Ontario, Canada

ISBN 0-297-81628-4 (179pp h/c)

Price: AUD\$39.95; STG£18.99; USD\$/n/a

Available: **Australia**—Dist. by Allen & Unwin, St Leonards, NSW, ph (02) 901 4088, fax (02) 906 2218; or Sydney Esoteric Bookshop, ph (02) 212 2225, fax (02) 212 2448; **UK**—Orion Publishing, 5 Upper St, Martins Lane, London WC2H 9EA, ph (0171) 240 3444, fax (0171) 240 4822. **USA**—St Martins Press, New York, ph (212) 674 5151.

Canadian librarians Rand and Rose Flem-Ath have assembled a daring and extremely convincing argument that the location of the lost civilisation of Atlantis is the Antarctic continent. They have concluded that a civilisation of intelligent seafarers existed up to 12,000 years ago before being wiped out by geological catastrophe.

The Flem-Aths base their hypotheses on the theories of American scientist Charles Hapgood, who first expounded his theory of Earth crust displacement in his milestone 1958 text, *The Earth's Shifting Crust*. He proposed that the crust acts like a floating layer and periodically through geological history can move dramatically, causing cataclysmic earthquakes, tidal waves and continental drift, even without a shift of the Earth's axis. Thus not all latitudes are affected equally by Earth changes such as ice ages.

The authors present some fascinating maps, including the Piri Re's map which bears an outline of Antarctica minus the ice, suggesting that an ancient, advanced civilisation mapped the planet well before the last major Earth catastrophe.

Combining mythology with a wealth of scientific and historical information, the Flem-Aths' research will shake a few foundations. If they are correct in their conclusions linking Atlantis with Antarctica, it sure puts a different emphasis on the military's fascination with the 'last' continent.

### MYSTERIOUS AUSTRALIA

by Rex Gilroy

Published by NEXUS Publishing (1995), Mapleton, Qld, Australia

ISBN 0-646-25393-X (295pp s/c)

Price: AUD\$20.00 inc. p&h; AUD\$26.00

airmail to NZ; STG£13.00; USD\$16.95

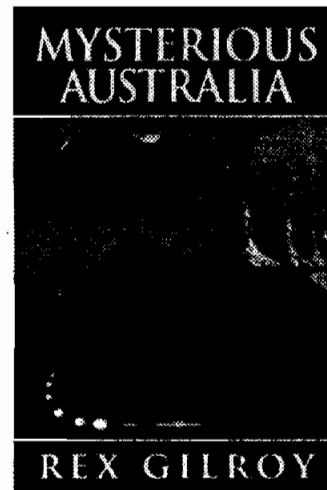
Available: **Australia**—NEXUS Magazine, PO Box 30, Mapleton, Qld 4560, ph +61 (07) 5442 9280, fax (07) 5442 9381; **UK**—NEXUS Office, 55 Queens Rd, E. Grinstead, W. Sussex RH19 1BG, ph +44 (1342) 32 2854, fax (1342) 32 4574; **USA**—Adventures Unlimited, PO Box 74, Kempton, IL 60946, ph (815) 253 6390, fax

(815) 253 6300.

This is the much-awaited first book from Rex Gilroy, widely known for his untiring research into Australia's enigmas.

In over 30 years of exploring and gathering Aboriginal mythological, historical and recent accounts, Rex Gilroy has amassed intriguing evidence—that the Great South Land was once the home of a megalith-building civilisation, and has been (and still is) inhabited by 'relict' hominids; that this continent has a long history of visits by UFOs (they probably still have bases here), as well as by ancient Egyptian, Phoenician and Chinese seafarers; that long-thought-extinct dinosaurs, huge lizards and giant marsupial 'cats' still roam the wilderness; that plesiosaurs breed in the Hawkesbury River near Sydney—more than enough to convince all but the closed-minded that Australia is a land of mysteries beyond our wildest imaginings.

The eyewitness reports that Rex presents



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make gripping reading, particularly as it becomes apparent that close encounters with yowies, 'extinct' beasts and aliens continue to the present day.

Regrettably, in what smacks of a hidden agenda, the scientific/academic communities and mainstream media have ridiculed Rex Gilroy's research, ignoring, rejecting and even sabotaging it when they should be taking it seriously. With *Mysterious Australia*, Rex makes a courageous attempt to redress this situation and encourage other researchers to carry on this exciting work. This book will change your view on reality—and is bound to ruffle a few feathers!

### UPCOMING CHANGES: Prophecy & Pragmatism for the Late Nineties

by Joya Pope

Published by Emerald Wave (1995), Box 969, Fayetteville, Arkansas, 72702, USA  
ISBN 0-942531-38-8 (273pp s/c)

Price: AUD\$28.00; USD\$13.95

Available: **Australia**—Sydney Esoteric Bookshop, 408 Elizabeth St, Surry Hills, NSW 2010, ph (02) 212 2225, fax (02) 212 2448; **USA**—Dist. by New Leaf, ph (404) 691 6996, fax (404) 699 7213; Baker & Taylor, Bookpeople, Moving Books.

*Upcoming Changes* is the new volume from Joya Pope who channels Michael, whom she defines as "...the group consciousness of just over a thousand souls who have completed all Earth lifetimes and are now teaching from another plane of existence..."

Covered are the '90s shifts in consciousness, soul-age groups, moral problems, male/female interaction as well as information about political and Earth changes "Michael" sees as likely to sweep the world as we move into the next millennium.

For those who seek guidance, who feel changes coming and are looking for ways to prepare, there is plenty of advice on getting inspiration, on finding new locales, on tuning into the spirit of nature and adventure, on self-care, and on mending and fulfilling your soul purpose. Inspirational and provocative reading.

### THE OBEDIENCE OF AUSTRALIA

by Peter Jones

Published by Black Books (1995), UK  
ISBN n/a (167pp s/c)

Price: AUD\$n/a; STG£10.00 + £2.50 overseas p&h

Available: **Australia**—(From early '96) T.S. Bookshop, 126-128 Russell St, Melbourne, Vic. 3000, ph (03) 650 3955, fax (03) 650 4894; **UK**—Millennium Books, 9 Chesham Rd, Brighton, Sussex BN2 1NB, ph +44

(01273) 67 1967.

*The Obedience of Australia* is an attempt to make sense of the Masonic ties that bind Britain and Australia. Based on his collected evidence, author Peter Jones concludes that Australia is in reality run from London.

In order for the reader to get an idea of the secret agendas involved, Jones presents his potted history of control of Australia from 1960 against the backdrop of covert Establishment dealings in the 'home' country. Conspiracy researchers will recognise many familiar names, but will get quite a few surprises with some interesting unexpected connections amongst people and companies.

Jones claims that one significant event in Australian history, the sacking of the Whitlam government, was orchestrated by local Freemasons under the guise of the Order of St John—a supreme act of "obedience" to Masonic brothers.

While by no means a definitive study of Masonic intrigue, Jones's book uncovers some disturbing revelations and will raise a few eyebrows.

### YOUR BODY'S MANY CRIES FOR WATER

You Are Not Sick, You Are Thirsty!

by F. Batmanghelidj, M.D.

Published by Global Health Solutions, Inc. (1995, 1992), Virginia, USA

ISBN 0-9629942-3-5 (181pp s/b)

Price: AUD\$30.00; STG£9.95; USD\$14.95 + p&h

Available: **Australia**—Sydney Esoteric Bookshop, ph (02) 212 2225, fax (02) 212 2448; **UK**—The Therapist Ltd, Suite B, The Office, 7 Chapel Rd, Worthing, W. Sussex BN11 1EG; **USA**—Global Health Solutions, Inc., PO Box 3189, Falls Church, VA 22043, ph (703) 848 2333, fax (703) 848 2334.

Years of research have led Iranian-born Dr Batmanghelidj to believe that chronic dehydration is the root cause of many major diseases. He has successfully treated allergies, angina, asthma, arthritis, headaches, hypertension, ulcers and more with the simplest of solutions—water.

In *Your Body's Many Cries For Water*, Dr Batmanghelidj explains water's physiological importance, how to recognise the body's dehydration signals, and why the regular intake of water as a preventive health measure has been so overlooked by medical professionals in the main.

His recipe for better health and greater longevity is to drink six to eight 8-ounce glasses of clean water every day—one glass, half an hour before each meal as well as two-and-a-half hours afterwards. Such simple advice, yet what discipline is required for this simple 'medicine'!



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## BOOKS

### MILLENNIUM PROPHECIES Predictions for the Year 2000

by A. T. Mann

Published by Element Books (1995, 1992), UK, USA, Australia (for J. Wiley Ltd) ISBN 1-85230-685-8 (143pp p/b) Price: AUD\$12.95; CAN\$9.99; STG£4.99; USD\$7.95

Available: **Australia**—Dist. by Jacaranda Wiley Ltd, North Ryde, NSW, ph (02) 805 1100, fax (02) 805 1597; or Sydney Esoteric Bookshop, ph (02) 212 2225, fax (02) 212 2448; **UK**—Dist. by Element Books Ltd, Shaftesbury, Dorset SP7 8BP, ph (01747) 85 1339; **USA/Canada**—Dist. by Element Books, Inc., PO Box 830, Rockport, MA 01966, USA.

Time is ticking away for end-of-the-millennium watchers as the most crucial years to which the prophets through the centuries have alluded are now upon us.

Astrologer A. T. Mann, in this classic guide to end/beginning times (just released in paperback), provides background on time cycles and calendars, relativity and human intuition as a means of understanding the nature of prophecy and what the prophets through history and across cultures have said about the millennium changeover.

As well as featuring key predictions from famous seers such as Nostradamus, Mother Shipton and Edgar Cayce, Mann explores some of the esoteric 'trans-Himalayan' prophecies of the Theosophical school.

Mann considers forthcoming planetary alignments, e.g., the 11th August 1999 grand cross/eclipse in the fixed signs of the four 'beasts' of the Apocalypse, which he considers likely to result in a particularly violent global catastrophe before the dawning of the new millennium, a new age and another string of prophecies. Time will tell.

### DEAD MEN CAN'T TALK

by Alexander Niles

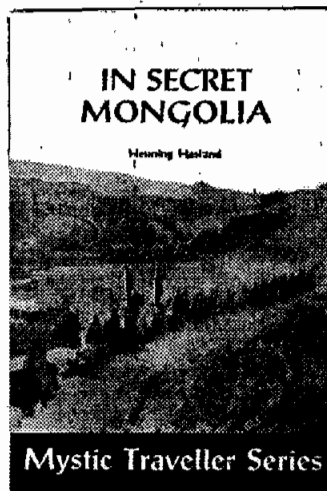
Published by PEP Ltd (1995), UK ISBN 0-9525920-0-2 (317pp s/c) Price: STG£5.95 + STG£2.50 o/s p&h Available: **UK**—Alexander Niles, St Leonard's Mead, St Leonard's Hill, Windsor, Berks. SL4 4AL, ph +44 (01753) 85 2400.

*Dead Men Can't Talk* is a fictional account based on the author's investigation into the mysterious deaths of 23 scientists working in the British defence industry in the 1980s.

Alexander Niles introduces the story with a rundown on the evolution of Britain's defence capabilities, with particular reference to electronic defence—"the heart of modern warfare"—and the latest link-ups

with "Star Wars" systems. He points out that as technology has developed in leaps and bounds, so too has the need for secrecy; thus, he asserts, the collapse of the Eastern bloc was engineered because the Soviet Union could never catch up with Western defence advances.

Told from the perspective of a freelance reporter, this story has a frightening air of reality about it; all the more so, knowing that the truth is always stranger and more shocking than fiction.



### IN SECRET MONGOLIA

by Henning Haslund

Published by Adventures Unlimited Press (1995), Kempton, IL, USA (originally publ. by Kegan Paul (1934), London, UK) ISBN 0-932813-27-5 (366pp s/c) Price: AUD\$28.00 inc. p&h; AUD\$45.00 airmail to NZ; STG£14.99; USD\$15.95 + p&h

Available: **Australia**—NEXUS Magazine, PO Box 30, Mapleton, Qld 4560, ph (07) 5442 9280, fax (07) 5442 9381; **UK**—Gazelle Book Services Ltd, Falcon House, Queen Square, Lancaster, Lancs LA1 1RN, ph (01524) 68765; **USA**—Adventures Unlimited, PO Box 74, Kempton, IL 60946, ph (815) 253 6390, fax (815) 253 6300.

Originally published in 1934 as *Tents in Mongolia*, this rare travel book has been republished by Adventures Unlimited Press as part of their Mystic Traveller Series.

*In Secret Mongolia* is Danish explorer Henning Haslund's account of his adventures on a camel caravan across the Gobi Desert, where he meets with renegade generals and warlords and is captured, held for ransom and thrown into prison. He takes us back to the Mongolia of the shamans where he encounters reincarnated white and black gods, and battles black magic.

Accompanied by classic b/w photographs, Haslund's text also reflects the birth of the

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new Mongolia and provides a glimpse into a nation that has already changed considerably before being opened up to the world.

They don't write travel books like this any more. An armchair mystic traveller's joy!

### **BAD MEDICINE: IS THE HEALTH-CARE SYSTEM LETTING YOU DOWN?**

by John Archer

Published by Simon & Schuster Australia (1995), East Roseville, NSW, Australia  
ISBN 0-7318-0508-9 (248pp s/c)

Price: AUD\$16.95 + overseas p&h  
Available: **Australia**—Distributed by Simon & Schuster Australia, ph +61 (02) 417 3255, fax +61 (02) 417 3188; or Sydney Esoteric Bookshop, ph +61 (02) 212 2225, fax (02) 212 2448.

Written for health consumers, this book is a timely but shocking exposé about the sorry state of medical practice in Australia.

*Bad Medicine* details some disturbing aspects of medicine, e.g., diagnostic dangers, drug prescription abuses, unnecessary surgical and obstetric interventions, doctor-induced diseases, exploitation of women, the risks of going to hospital, and much more.

On this latter point, in Australia it has been estimated that 12,000 people die in hospitals annually as a result of preventable mistakes, and up to 230,000 suffer unnecessary injury. As author John Archer assesses, "Medicine in itself has become a major health hazard."

Archer argues that medicine must become more scientific and accountable if it is to continue being subsidised by taxpayers. We as consumers also need to re-examine our attitudes to the medical establishment and be more objective about the risks whenever we consult a doctor, take medication or go to hospital. Indeed, we have to realise the importance of taking responsibility for our own health.

### **THE JESUS CONSPIRACY**

by Holger Kersten & Elmar R. Gruber

Published by Element Books (1995, 1994), UK, USA, Aust (for J. Wiley Ltd)

ISBN 1-85230-756-0 (374pp p/b)  
Price: AUD\$12.95; CAN\$9.99; STG£4.99; USD\$7.95

Available: **Australia**—Dist. by Jacaranda Wiley Ltd, North Ryde, NSW, ph (02) 805 1100, fax (02) 805 1597; or Sydney Esoteric Bookshop, ph (02) 212 2225, fax (02) 212 2448; **UK**—Dist. by Element Books Ltd, Shaftesbury, Dorset SP7 8BP, ph (01747) 85 1339; **USA/Canada**—Dist. by Element Books, Inc., PO Box 830, Rockport, MA 01966, USA.

This is the controversial book (now out in

paperback) which preceded *The Original Jesus*, reviewed in our last issue.

Upon examination of the scientific and historic data, authors Kersten and Gruber are convinced that the image on the Turin Shroud is of a man (Jesus) still alive when laid in the burial shroud.

The authors present exhaustive evidence that the Vatican, fearful of the implications for Church teachings, manipulated the Turin Shroud carbon-dating tests by providing samples from a mediaeval cloth. They contend that the Vatican fully intended for the Shroud to be declared a fake so they could maintain the Crucifixion doctrine and uphold St Paul's absurd emphasis on salvation/resurrection—which the authors regard as a distortion of Jesus' true message of love in action.

*The Jesus Conspiracy* is a gripping read that uncovers some worrying facts about the Christian heritage which warrant serious consideration and closer analysis.



### **NOSTRADAMUS: THE NEW REVELATIONS**

by John Hogue

Published by Element Books (1995, 1994), UK, USA, Aust (for J. Wiley Ltd)

ISBN 1-85230-683-1 (256pp s/b)

Price: AUD\$29.95; CAN\$26.99;

STG£9.99; USD\$19.95

Available: **Australia**—Dist. by Jacaranda Wiley Ltd, North Ryde, NSW, ph (02) 805 1100, fax (02) 805 1597; or Sydney Esoteric Bookshop, ph (02) 212 2225, fax (02) 212 2448; **UK**—Dist. by Element Books Ltd, Shaftesbury, Dorset SP7 8BP, ph (01747) 85 1339; **USA/Canada**—Dist. by Element Books, Inc., PO Box 830, Rockport, MA 01966, USA.

Another title in the growing list of books attempting to interpret the prophecies of the 16th-century seer, Nostradamus, this glossy



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offering, rich with full-colour photos and historical illustrations, impresses yet frustrates with its often too brief analysis of many quatrains dealing with the yet-to-be-fulfilled prophecies.

Author John Hogue's interesting new interpretations come from years of analysing Nostradamus' quatrains—but, as with other researchers, we don't have to agree with them. His views could benefit from a healthy dose of world conspiracy history, as his current affairs observations sometimes reflect mass media propaganda.

The astrologically inclined may query some of Hogue's literal interpretations of planetary connections referred to in the quatrains, where the seer might well have been writing of nations or individuals.

Still, John Hogue provides enough intriguing material to keep many a student of prophecy occupied well into the next millennium!

### VEGETARIAN BABY & CHILD

**Nutritional guidance and recipes to help raise a healthy child**

by Petra Jackson

Published by New Burlington Books (1995), London, UK

ISBN 1-85348-815-1 (144pp s/c)

Price: AUD\$19.95; STG£9.99; USD\$/n/a

Available: **Australia**—Dist. by National Book Distributors Pty Ltd, 3/2 Aquatic Drive, Frenchs Forest, NSW 2086, ph (02) 975 6799, fax (02) 452 6255; **UK**—Quarto Publishing, 338 Euston Rd, London NW1 3BH, ph (0171) 873 6000, fax (01235) 40 0500; **USA**—selected bookshops.

This is a beautifully presented book that will appeal to parents who would like to get their children into vegetarian eating habits but perhaps are concerned about the nutritional requirements and implications.

Here, Petra Jackson gives the basics on food group combinations and shopping lists, together with menus and methods for usually easy-to-prepare dishes to please babies, infants, toddlers and older children—even the whole family. There are great ideas for tasty school lunches, nutritious snacks, fast meals, and even children's parties with an emphasis on fun without compromising nutrition.

So many parents despair of children's mealtimes and often are stumped for ideas or resort to fast-food take-aways, but when such tasty treats as these are possible, there's no excuse for the kids not to eat their vegies—and a few more adults might, as well! No doubt this book will inspire a few older kids to experiment in the kitchen, too.

## VIDEOS

### THE HEMP REVOLUTION

**Produced & directed by Anthony Clarke** for Conscious Light Productions/Video Vision Productions (1995), Central Tilba, NSW, Australia

Price: AUD\$45.00; AUD\$50.00 p&h to NZ; AUD\$55.00 to UK (72mins PAL VHS) Available: **Australia**—NEXUS Magazine, PO Box 30, Mapleton, Qld 4560, ph +61 (07) 5442 9280, fax (07) 5442 9381.

This is not a video justifying the use of hemp as a drug: it is an excellent documentary on the use of non-intoxicating hemp for industrial and commercial uses.

Did you know that hemp fibre makes better paper and can produce more paper fibre per acre than trees, and that the use of hemp through the ages came to a grinding halt when the oil companies corrupted their way to global power?

Be warned: if hemp makes a comeback, the cotton industry, timber industry and the oil/coal/gas industry, to name a few, would be out of business and our environmental problems would be reduced enormously!

This is an excellent and eye-opening video that EVERYONE should be made to watch!

### MEDICAL MIRACLES: New Advances in the Treatment of Incurable Diseases

**Lecture by Dr Sam Chachoua**

Produced by Genesis Productions (1995), Western Australia

Price: AUD\$60.00 inc. p&h in Aust. (o/s orders, phone for quote) (76mins PAL VHS) Available: **Australia**—Jeunesse, PO Box 264, Ashburton, Vic. 3147, ph (03) 9417 0272, or see ad on page 30.

Wow! What simple but valuable observations this medical doctor has used to come up with a revolutionary treatment of incurable diseases such as cancer, AIDS, arthritis, MS, etc. His therapy is called "Induced Remission Therapy".

Dr Sam Chachoua's techniques have developed from three initial observations: a) that some organs in the body are cancer-resistant; b) that some organisms such as the horse and shark are resistant to cancer; c) spontaneous remission, which is associated with an infection involving extremely high temperatures for a few days, after which the cancer is completely gone.

His research has uncovered that specific infections will completely digest specific cancers. For example, measles and mumps infections will cause long-lasting remission from leukaemia.

Dr Chachoua has an impressive and growing list of people claiming complete remission from degenerative diseases like cancer. Look for an article in NEXUS on him soon!

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## AUDIO

### WETLAND

by Shaun Rigney

Composed, performed & produced by Shaun Rigney for Terra Australia Records (1995), Neutral Bay, NSW, Australia  
Price: AUD\$28.95 (CD only) (59mins)  
Available: **Australia**—Dist. by Movieplay Australia P/L, PO Box 575, Brookvale, NSW 2100, ph (02) 905 0199, fax (02) 905 6372.

The Music in Harmony with Nature series of local talent released under the name "Terra Australia" is a beautifully conceived and designed collection of ambient theme music. Shaun Rigney composed, performed and produced this piece, recreating the atmospheric sounds of Australia's wetland environment.

This quiet mood soundscape, combining the calls of over 30 species of frog with water sounds, offers a relaxing experience of the life of Australia's wetlands. Excellent ambience with colourfully presented CD package. Recommended.

### BLOODWOOD: THE ART OF THE DIDJERIDU

by Alan Dargin with Michael Atherton

Produced by Natural Symphonies (1991), Camden, NSW, Australia  
Price: AUD\$20.00 (cass.), AUD\$28.00 (CD) + AUD\$7.00 o/s airmail (47mins)  
Available: **Australia**—Veritas Press, GPO Box 1653, Bundaberg, Qld 4670.

The name of the album comes from the type of timber used for the didjeridu played by Alan Dargin. The principal didjeridu heard here is 100 years old and was given to Alan when he was five. The bloodwood is a species of eucalypt, so-called because the sap of the tree, when cut, appears to 'bleed' a red colour like blood. The 'didj' is made from natural hollowed logs or branches that are cleaned and painted with traditional designs.

Michael Atherton and Alan Dargin have produced an album that is a classic in the presentation of the Aboriginal didjeridu. An ancient sound to immerse yourself in deeply to appreciate thoroughly.

### WHERE THERE IS LIFE

by Luciano

Produced by Phillip "Fattis" Burrell for Xterminator Records (1995), Island Jamaica  
Price: AUD\$19.95 (cass.), AUD\$29.95 (CD); USD\$9.98 (cass.), USD\$15.98 (CD) (49mins)

Available: **Australia**—Distributed by Island/Mercury, Millers Point, NSW, ph (02) 207 0500; **USA**—Dist. by Island Records/PolyGram, New York, ph (212) 603 3947.

If you remember the good times of reggae with artists like Bob Marley and Dennis McGregor when reggae was sweet and Jamaican, then Luciano will appeal to you. He's one of a new stream of native Jamaican talent producing great new reggae.

*Where There Is Life* is his third album, covering a range of reggae styles from the good old hard-core to love-rock songs and international ballads with a vision of a new world plus some African sounds.

Altogether, a fresh talent moved by the need to spread musical love in the world in that great Jamaican tradition. Recommended listening.

### MUSIC OF THE ANGELS

by Gerald Jay Markoe

Composed & produced by Gerald Markoe for Astromusic (1994), New York, USA  
Price: AUD\$29.95 (CD only); USD\$9.98 (cass.), USD\$15.98 (CD) (47mins)  
Available: **Australia**—New Age Media, PO Box 789, Fremantle, WA 6160, ph (09) 430 7777; **USA**—Audio Alternatives, PO Box 405, Chappaqua, NY 10514, ph (914) 238 5943.

Gerald Markoe has made a reputation for beautiful music with his "Music from the Pleiades" series. Here he has captured the energy of the angelic realms surrounding us.

Using harps, strings, bells, wind instruments and angelic choirs he has developed a sound that transports you on the wings of clouds of angels with a protective, supportive musical experience. Recommended.

### BEGGARS AND SAINTS

by Jai Uttal & the Pagan Love Orchestra

Produced by Jai Uttal for Triloka Records/Wordly Music (1994), Santa Fe, NM, USA

Price: AUD\$29.95 (CD only); USD\$9.98 (cass.), USD\$14.98 (CD) (67mins)

Available: **Australia**—Dist. by Larrikin Entertainment, PO Box 501, Mascot, NSW 2020, ph (02) 700 9199; **USA**—Dist. by Triloka, 306 Catron, Santa Fe, NM 87501, ph (505) 820 2833, fax (505) 820 2834.

Western and Indian music have not often been joined together in a fusion-rock style. Most of us are used to the likes of Ravi Shankar or Ali Akbar Khan playing their rich music traditionally. It comes as a wonderful treat to hear Western and Eastern blended by Jai Uttal on his third release, *Beggars and Saints*.

This album is inspired by the Bauls of Bengal, street musicians who live to sing, feeling that God does not reside in the temples of the land but in the hearts and voices of the people in the streets. Accordingly, they wander India giving impromptu voice to their devotion. Jai, inspired by time in India





# REVIEWS

## AUDIO

with the Bauls, has combined their sounds and modern dance-style music to create the emotion of India's streets. A feast for the ears!

### LOVESONG

by **Tony O'Connor**

Composed, performed and produced by Tony O'Connor for Studio Horizon (1995), Nambour, Qld, Australia

Price: AUD\$18.95 (cass.), AUD\$25.95 (CD); STG£n/a (CD) (57mins)

Available: **Australia**—Dist. by Steve Parish Publishing P/L, PO Box 2160, Fortitude Valley, Qld 4006, ph +61 (07) 3257 3257, fax (07) 3257 3311; **UK**—Crystal Clear, 29 The Drapery, Nth Hampton, Hampshire, NN1 2EU, ph (1605) 60 4499.

Tony O'Connor is one of the great success stories of Australian ambient/relaxation music with a string of gold and platinum albums behind him. His new release, *Lovesong*, is going to be another favourite for fans and those who will hear him for the first time. It's a rich tapestry of acoustic guitar, cello, alto and base flute with grand piano and keyboards.

This is a personal recording of the yearning and tenderness of love that will fill the rooms of all who play it with Tony's special heartfelt sounds. Recommended listening.



### A HEALING AND REPLENISHMENT OF THE HEART, THE HEAVENS AND THE EARTH

by **The Galactic Troubleshooter**

Produced by The Galactic Troubleshooter (1995), Sydney, Australia

Price: AUD\$15.00 (cass.) inc. p&h in Aust.; AUD\$18.00 airmail to NZ; AUD\$19.00 airmail to UK, USA (60mins)

Available: **Australia**—The Galactic Troubleshooter, PO Box A679, Sydney South, NSW 2000.

Do you wonder how you can stop nuclear bomb tests at Mururoa and start loving the French again? Well, the *Healing and Replenishment...* tape can help you do just

that. Utilising a combination of colour, visualisation, grounding to the centre of planet Earth, and the physical body as a mixing chamber for Heaven and Earth energies, it can assist individuals or groups to focus their intent in co-creating our collective future in a very uplifting and positive manner.

The Galactic Troubleshooter has an extensive background, spanning nearly a decade, of working around the Pacific Rim on social change issues including care for the environment, nuclear proliferation and the rights of all beings. Recommended for gently righting some wrongs on the planet.

### MERMAIDS IN THE WELL

by **Kavisha Mazzella**

Produced by Mermaid Productions (1995), North Perth, WA, Australia

Price: AUD\$27.95 (CD only) (53mins)

Available: **Australia**—Distributed by Larrikin, PO Box 501, Mascot, NSW 2020, ph +61 (02) 700 9199, fax (02) 700 9155.

I first heard Kavisha Mazzella at the Maleny Folk Festival several years ago with that nutty, talented band, Rich 'n' Famous. Her exquisite, sweet voice rose above the dominant male sounds of the group in many a number.

*Mermaids in the Well* gives range to the powerful talent her deep-woman sound expresses through a variety of compositions. Some that really impress are: "Invisible, Indivisible" with the unspeakable ache of the heart; "Clouds of Glory"—we are angels; the traditional "She Moved Through the Fayre"; and "Vulumbrella", a 14th-century Italian love/lust song. Highly recommended, luscious Australian talent.

### VIDA PARA VIDA

by **Oliver Serano-Alve**

Produced by Sattva Music (1992), Schliersee, Germany

Price: AUD\$18.95 (cass.), AUD\$28.95 (CD) (54mins)

Available: **Australia**—Dist. by New World Productions, PO Box 244, Red Hill, Qld 4059, ph (07) 367 0788, fax (07) 367 2441; **UK/Europe**—Dist. by Sattva Music, PO Box 200.308, D-83724 Schliersee, Germany, ph +49 (08028) 90680, fax (08028) 9068-10.

A collection of world-music-inspired pieces from Oliver Serano-Alve, featuring a huge range of instruments from around the planet—Chinese violin, viola, gu-cheng, Spanish guitar, darbuka, flute, keyboards, cello, percussion and more. Tracks are inspired by several cultures from Latin to European to Chinese.

An exciting collection of global music full of life and energy. Recommended.